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BOOK REVIEWS



IN CHARGE OF

M. E. CAMERON, R.N.

A HANDBOOK OF OBSTETRICAL NURSING. For Students, Nurses, and Mothers. Comprising the Course of Instruction in Obstetrical Nursing Given to Pupils of the Training School for Nurses Connected with the Woman's Hospital of Philadelphia. By Anna M. Fullerton, M.D., Formerly Obstetrician, Gynæcologist, and Surgeon to the Woman's Hospital of Philadelphia; Physician-in-charge and Superintendent of its Nurse Training School; and Clinical Professor of Gynæcology in the Woman's Medical College of Pennsylvania; late Lecturer on Surgery and Operative Midwifery in the North India School of Medicine for Women. Seventh Edition. Price, \$1. P. Blakiston's Sons, Philadelphia.

Although Dr. Fullerton seems to have withdrawn from work in this country in favor of India, her work here is kept up to date and the present edition, which appears under the revision of Catherine MacFarlane, is in every respect as complete and satisfactory as the book has always been. Having been reviewed in these pages more than once, there needs only to note the new edition.

HOME HYGIENE AND THE PREVENTION OF DISEASE. By Norman E. Ditman, M.D. Price, \$1.50 net. Duffield and Company, New York.

The author, in a rather lengthy introduction, declares himself to be in favor of that class who work for preventive measures quite as much as for curative. He believes, too, that the quickest way to get rid of the doctor is to call him often and early. "One justification of a popular work of this kind," he says, "is that not only can its readers render the best aid to the incipient or slight invalid, but they should be enabled to better appreciate when an ailment has become serious enough to require expert medical attendance, or when a disease is, from the outset, beyond the aid of unskilled hands." Further he says: "There are few, in our modern era of civilization, who do not understand the workings and failings of automobiles, engines, phonographs, sewing-machines and household appliances. It would seem the part of discretion, therefore, if we knew at least as much about a few of the com-

moner workings and failings of the human body—a machine of far more importance to all of us, than all the mechanical appliances in the world.”

The subject-matter is arranged in alphabetical order, and is by no means confined to the ills to which the human flesh is heir. The heating of houses, the cleaning of the same—plumbing, a list of the various health resorts of the United States, Bermuda, Canada, and the Hawaiian Islands, giving characteristic advantages to be found in each, and designating the nature of disease which can be most effectively treated in each—are some of the remote subjects not usually touched upon in books of this class.

The book certainly fulfills the mission its author desires for it, when he calls it in a sub-title: a medical handbook containing all the information required for ordinary purposes.

FOOD FOR THE INVALID AND THE CONVALESCENT. By Winifred Stuart Gibbs. Dietitian for the New York Association for the Improving of the Poor; Teacher of Economic Cookery, Teachers' College Columbian University; Author of *Lessons in the Proper Feeding of the Family*. Price, 75 cents. The MacMillan Company, New York.

This book is intended for people of limited income, and the receipts contained therein are reduced to the lowest possible figure at which they can be produced without sacrificing the nutritive value of the food. Miss Gibbs brings to her writing the experience of five years' work as dietitian to the "New York Association for the Improving of the Poor," where the question of proper food for the family restricted by small wages presents many difficult problems. Her experiments, she states, are all upon the working basis of actual incomes of actual families in relation to the current prices of food stuffs.

The book has a commendatory introduction by Dr. Theodore C. Janeway, of New York, who writes himself as a co-worker with Miss Gibbs in the Vanderbilt Clinic, where he says the physicians are constantly realizing how important a factor in contributing to disease is lack of intelligence in buying and preparing food. With a view to correcting these faults, Miss Gibbs particularly designates the cuts of meat, the choice of cereals and vegetables, which yield the largest amount of nourishment and cost the least, and also gives careful instruction in cooking the same so as to be appetizing and wholesome at the same time call for no great expenditure of time or fuel, both of which are extremely expensive items to the poor.